



Peppered Hanger Steak with Crispy Rice Cakes from 'Treme

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



1269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 tablespoons canola oil
- 1 teaspoon sriracha
- 0.5 cup soy sauce sweet (Indonesian soy sauce, available in Asian markets)
- 4 servings kosher salt
- 2 tablespoons olive oil extra virgin extra-virgin
- 3 tablespoons pepper black

- 1 pepper red minced
- 4 servings sea salt fine
- 1 teaspoon sesame oil toasted
- 2 tablespoons soya sauce
- 4 cups pkt spinach packed
- 4 servings fat-trimmed beef flank steak
- 24 ounces fat-trimmed beef flank steak
- 1 cup sushi rice
- 1.5 cups water

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- sieve
- plastic wrap
- cutting board

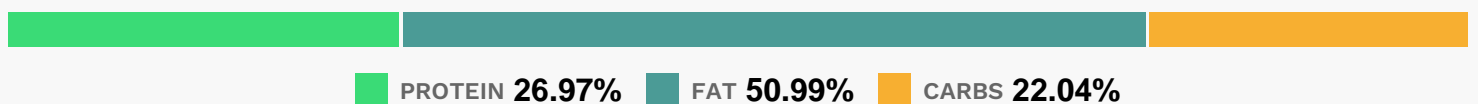
Directions

- Make the rice cakes: In a sieve, thoroughly rinse the sushi rice under cold running water until the water runs clear.
- Place the rinsed rice in a small saucepan with the water and a generous pinch of salt. Bring the rice to a boil, uncovered, over medium-high heat. Reduce the heat to medium and simmer until most of the water has been absorbed by the rice, about 5 minutes. Cover the pan tightly, reduce the heat to low, and continue cooking for about 7 minutes longer.
- Remove from the heat and let stand, covered, for 15 minutes. The rice should be tender and all of the water absorbed. (Even very slightly overcooked rice is not a problem in this recipe, as that may help the rice cakes keep their shape.) Scoop the rice onto a small baking sheet lined with plastic wrap. Form the rice into a rough square 3/4 to 1 inch thick. Cover tightly and refrigerate overnight until cold and set. When the rice has set, cut 8 equal-size triangles of

rice cake and set aside until ready to fry and serve.

- Preheat the oven to 400°F.
- To make the steak: Generously season the hanger steaks with the cracked black pepper and kosher salt. In a cast-iron skillet over very high heat, heat the 2 tablespoons oil until almost smoking.
- Add the steaks to the pan and sear until nicely browned on both sides, about 3 minutes per side.
- Transfer the pan to the oven and bake until steaks are medium-rare, 7 to 10 minutes.
- Transfer the steaks to a cutting board and let rest for 5 minutes.
- While the steaks are cooking and resting, finish the rice cakes.
- Heat the 3 tablespoons canola oil in a large nonstick sauté pan over medium-high heat. Carefully add the rice cakes to the hot oil. Cook until golden brown and toasty on one side, 3 to 4 minutes. Flip the rice cakes and continue cooking until golden brown on the other side, another 1 to 2 minutes.
- Transfer the rice cakes to a plate and cover to keep warm. Set aside, reserving the pan.
- Wipe out the pan you used to fry the rice cakes, if necessary, and add the olive oil and pea shoots. Stir in the chili-garlic sauce, the sweet soy glaze, and season with sea salt and ground pepper. Sauté the pea shoots until just barely wilted.
- Carve each of the steaks into 5 slices.
- Place 2 toasted rice cakes in the center of each plate, spoon the sautéed pea shoots over one side of the toasted rice cakes, and arrange the sliced beef around. Spoon the sweet soy glaze over and around the steak and serve at once.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:31.05, Inflammation Score:-9, Nutrition Score:47.537825781366%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg,

Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 1268.97kcal (63.45%), Fat: 71.54g (110.06%), Saturated Fat: 26.67g (166.71%), Carbohydrates: 69.58g (23.19%), Net Carbohydrates: 66.33g (24.12%), Sugar: 21.8g (24.22%), Cholesterol: 241.62mg (80.54%), Sodium: 1712.55mg (74.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85.13g (170.26%), Vitamin K: 167.74µg (159.75%), Selenium: 104.24µg (148.91%), Zinc: 21.14mg (140.92%), Vitamin B12: 6.58µg (109.59%), Vitamin B3: 21.01mg (105.07%), Vitamin B6: 1.72mg (86.02%), Manganese: 1.35mg (67.63%), Phosphorus: 636.96mg (63.7%), Vitamin B2: 1.05mg (61.82%), Vitamin A: 2905.09IU (58.1%), Iron: 9.07mg (50.41%), Potassium: 1345.4mg (38.44%), Magnesium: 129.92mg (32.48%), Vitamin B1: 0.47mg (31.04%), Copper: 0.52mg (25.76%), Vitamin E: 2.91mg (19.42%), Folate: 75.73µg (18.93%), Fiber: 3.25g (13%), Vitamin C: 8.43mg (10.22%), Calcium: 87.75mg (8.77%), Vitamin B5: 0.5mg (4.99%), Vitamin D: 0.4µg (2.64%)